

Eat Better & Move More Q&A

What is *Eat Better & Move More*?

Eat Better & Move More: A Guidebook for Community Programs is a 12-week nutrition and exercise program that was designed specifically for older adults. The program teaches older adults how to eat healthier, exercise safely, stay motivated, and develop a physical activity plan. Each week includes a combination of “mini-talks,” activities, resources, and “take-home” assignments.

Who developed the *Eat Better & Move More* program?

The National Resource Center on Nutrition, Physical Activity & Aging at Florida International University, Miami developed the *Eat Better & Move More* Program. It is part of a cooperative agreement with the U.S. Administration on Aging (AoA) and is associated with AoA’s *You Can! Steps to Healthier Aging* Campaign. You can learn more about the You Can! campaign at <http://www.aoa.gov/youcan>

How are healthier food choices measured?

Beginning with week 3, participants are asked to record their eating habits on a check-off form. Each week the participant focuses on a different part of their nutrition goals: weeks 3 & 4 focus on fruit and vegetables, weeks 5 & 6 focus on calcium-rich foods, weeks 7 & 8 focus on fiber, weeks 9 & 10 focus on measured servings, and week 11 focuses on a balanced diet.

How is exercise measured?

Beginning with week 2, participants learn to use pedometers and to record the number of steps they walk each day. The number of steps is recorded on the same form used for recording eating habits.

Why was walking selected at the *Move More* activity?

Research has found that older adults view walking as a realistic and doable activity. The Dietary Guides for Americans, 2005, “Physical Activity and Health: A Report of the Surgeon General,” and the Healthy People 2010 objectives promote 30 minutes of moderate physical activity most days of the week. Moderate physical activity, such as brisk walking, causes light to moderate sweating and may make your breathing a little harder.

What are the *Eat Better & Move More* goals?

- Overall: Participants are able to maintain their health and independence.
- Nutrition: Participants increase their daily intake of fruits and vegetables, fiber, and calcium by one or more servings and eat sensible portions.
- Exercise: Have 30 minutes or more of physical activity on most, if not all, days of the week.

Are there any assessment tools that I can use to measure the success of my program?

Yes. A number of Start of Program and End of Program Assessment Tools are available on the National Resource Center on Nutrition, Physical Activity and Aging Web site:

http://nutritionandaging.fiu.edu/You_Can/index.asp

I would like to have people consent to the program before participating. Can you help me with this?

Yes. A sample participant consent form and physician approval letter are available on the National Resource Center on Nutrition, Physical Activity and Aging Web site:

http://nutritionandaging.fiu.edu/You_Can/index.asp

How much does the *Eat Better & Move More* program cost?

The guide book and assessment tools can be downloaded for free from the National Resource Center on Nutrition, Physical Activity and Aging Web site,

http://nutritionandaging.fiu.edu/You_Can/index.asp.

You can order a copy of the *Eat Better & Move More* Guide Book and the step counters from this Web site, too.

Guide Books:

- \$8.00 per book (plus shipping and handling)
- Orders over 10 books, \$7.50 each
- Orders over 250 books, \$7.00 each

Step Counters:

- \$10.00 per counter for orders less than 100 counters (plus shipping and handling)
- orders over 100 counters, \$9.50 each

Are any of the *Eat Better & Move More* program materials in Spanish?

Yes. Spanish versions of many of the program materials are available on the *Eat Better & Move More* Web site: http://nutritionandaging.fiu.edu/You_Can/index.asp